

# Evaluating Circle Progress Towards Competency Domains

The following Circle Evaluation questionnaires are meant to help facilitators assess how adolescents are progressing and meeting psychosocial needs through the 10 competency domains. There are 10 questions per cycle that match each of the 10 competency domains. It is recommended to use this assessment after 5 sessions within a phase. If needs are not being met then it may be a sign that adolescents should stay in their current phase to continue to build skills. Facilitators can also use the questions to guide the needs of adolescents and help them develop the areas that need improvement.

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## Starting Our Circles Competency Circle evaluation Questions

Use these circle evaluation questions for your circle to check the progress the circle is making towards meeting their psychosocial needs.

Competency Domain	Circle evaluation Questions
<b>Communication and expression</b>	Are adolescents expressing themselves by practicing new drawing activities and physical activities?
<b>Identity and self-esteem</b>	Can adolescents describe themselves in words and through other forms of expression?
<b>Leadership and Influence</b>	Are adolescents taking breaks from any stress in their lives and interacting with others?
<b>Problem Solving and Managing Conflict</b>	Are adolescents getting to know each others names?
<b>Coping with stress and Managing Emotions</b>	Are adolescents starting to work with others in the circle?
<b>Cooperation and teamwork</b>	Are adolescents starting to work with others in the circle?
<b>Empathy and Respect</b>	Are adolescents learning about each other in the circle?
<b>Hope for the future and goal setting</b>	Are adolescents becoming more comfortable around others?
<b>Critical thinking and decision making</b>	Are adolescents taking on new challenges?
<b>Creativity and innovation</b>	Are adolescents beginning to express themselves creatively?

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## Knowing Ourselves Competency Circle evaluation Questions

Use these circle evaluation questions for your circle to check the progress the circle is making towards meeting their psychosocial needs.

Competency Domain	Circle evaluation Questions
<b>Communication and expression</b>	Do adolescents understand their own styles for communication and expression?
<b>Identity and self-esteem</b>	Are adolescents recognizing and acknowledging their personal strengths and positive values?
<b>Leadership and Influence</b>	Do adolescents understand their style of leadership and ways they can influence people positively?
<b>Problem Solving and Managing Conflict</b>	Are adolescents analyzing the effects of conflict (or humanitarian crisis) on their own lives?
<b>Coping with stress and Managing Emotions</b>	Are adolescents able to calm themselves? Do they understand their own emotions? Are they able to transform negative emotions?
<b>Cooperation and teamwork</b>	Are adolescents developing healthy personal habits for working in teams?
<b>Empathy and Respect</b>	Are adolescents able to learn lessons from their own challenges and struggles?
<b>Hope for the future and goal setting</b>	Are adolescents showing the ability to envision a better future for themselves? Are they able to describe what they want for their own future?
<b>Critical thinking and decision making</b>	Are adolescents able to reflect critically about their own bias? About their privileges and/or disadvantages?
<b>Creativity and innovation</b>	Are adolescents practicing brainstorming techniques and expressing themselves creatively?

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## Connecting Competency Circle evaluation Questions

Use these circle evaluation questions for your circle to check the progress the circle is making towards meeting their psychosocial needs.

Competency Domain	Circle evaluation Questions
<b>Communication and expression</b>	Are adolescents practicing ways to communicate effectively with family, friends & peers?
<b>Identity and self-esteem</b>	Are adolescents expressing gratitude and appreciation to others; challenging bullying?
<b>Leadership and Influence</b>	Are adolescents practicing building trust & having a positive influence on one's family, friends & peers?
<b>Problem Solving and Managing Conflict</b>	Are adolescents practicing conflict management skills in family, friend & peer groups?
<b>Coping with stress and Managing Emotions</b>	Are adolescents practicing techniques for managing emotions of family, friends & peers?
<b>Cooperation and teamwork</b>	Are adolescents practicing cooperation and other teamwork skills through group activities and projects with others in their circle?
<b>Empathy and Respect</b>	Are adolescents showing understanding of personal challenges & struggles of family members, friends & peers; particularly those with whom one is in conflict?
<b>Hope for the future and goal setting</b>	Are adolescents learning about and practicing strategies to get family, friends & peers to work together to achieve a shared goal?
<b>Critical thinking and decision making</b>	Are adolescents discussing their interests and priorities, including approaches to solving problems? Are they applying this to small projects?
<b>Creativity and innovation</b>	Are adolescents engaging in creative processes with family, friend and peer groups? Are they generating alternative solutions to problems & patterns of conflict in family, friend & peer groups?

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## Taking Action Competency Circle evaluation Questions

Use these circle evaluation questions for your circle to check the progress the circle is making towards meeting their psychosocial needs.

Competency Domain	Circle evaluation Questions
<b>Communication and expression</b>	Are adolescents using many skills and forms of expression as they work together with others in their circles and communities?
<b>Identity and self-esteem</b>	Are adolescents promoting the wellbeing of all members of the community, particularly the most disadvantaged? Do they express gratitude and appreciation to community members in an appropriate way?
<b>Leadership and Influence</b>	Are adolescents practicing new leadership skills and leading and designing projects?
<b>Problem Solving and Managing Conflict</b>	Are adolescents applying conflict management, problem solving and negotiation skills in community settings?
<b>Coping with stress and Managing Emotions</b>	Are adolescents practicing techniques to help others in the community to heal from past experiences or transform negative emotions?
<b>Cooperation and teamwork</b>	Are adolescents practicing cooperation and other teamwork skills through group activities and projects in the community?
<b>Empathy and Respect</b>	Are adolescents showing concern and care for community members experiencing pain or distress?
<b>Hope for the future and goal setting</b>	Are adolescents practicing setting pursuing goals as they take positive action?
<b>Critical thinking and decision making</b>	Are adolescents applying their skills to small-scale projects that they design and lead themselves?
<b>Creativity and innovation</b>	Are adolescents continuing to explore ways to express themselves and develop ideas for new solutions and opportunities through ongoing projects?

